

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the variety of choice  
on fruits and veg..

What I like least about the proposed  
changes is nothing, it sounds  
wonderful.

Thank you for reading my comments.

Sincerely,

Molly [Signature]  
WIC Participant

9-27-06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is there's more food to choose  
from / more variety.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,



\_\_\_\_\_  
WIC Participant

9/25/00  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Bread's

What I like least about the proposed  
changes is FOOD MILK

Thank you for reading my comments.

Sincerely,

Heather Hughes  
WIC Participant

9-23-06  
Date

p 8404

NOV 02 2000

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

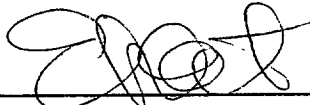
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more variety

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

09.22.00  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fruits & veggies

What I like least about the proposed  
changes is less cheese & milk

more checks to sign

Thank you for reading my comments.

Sincerely,

Angela Wesley  
WIC Participant

9/22/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I think the changes are  
great; for whole grains.

What I like least about the proposed  
changes is less milk, cheese, and eggs  
could not be an issue it's almost 1/2 less than  
current program.

Thank you for reading my comments.

Sincerely,

Bryone J. Foster  
WIC Participant

\_\_\_\_\_  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I think its a good  
idea.

What I like least about the proposed  
changes is I think you should still  
receive 2 doz eggs.

Thank you for reading my comments.

Sincerely,

Selicia Ortega  
WIC Participant

9/22/10  
Date

p 8408

NOV 02 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the variety.

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

A. Alyea  
WIC Participant

9-21-06  
Date



NOV 11 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that I would have more  
options in what to eat so I would  
be less money on me to buy I need.

What I like least about the proposed  
changes is that they took away  
the juice. I love juice.

Thank you for reading my comments.

Sincerely,

LeKona DeJoy  
WIC Participant

9/21/06  
Date

p 8410

NOV 6 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Tofu & Soy Milk.

What I like least about the proposed  
changes is Nothing!

definetly want soy milk as an  
Thank you for reading my comments. alternative  
to Cass  
milk

Sincerely,

S. Walker  
WIC Participant

9/20/06  
Date

Shannon Walker

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that we have more of a  
variety of items to suit the family.

What I like least about the proposed  
changes is nothing. It sounds great.

Thank you for reading my comments.

Sincerely,

Kathleen Russell  
WIC Participant

9/18/06  
Date

p 8412

(NCA)

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Breads / Tortillas

What I like least about the proposed  
changes is Q

Thank you for reading my comments.

Sincerely,

Yvonne Delgado  
WIC Participant

9/14/07  
Date

NOV 09 2003

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fruits vegetables, grains, soy options  
less milk.

What I like least about the proposed  
changes is less eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

9-14-06

Date

p 8414

NOV 12 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more vegetables and Fruits.

What I like least about the proposed  
changes is less juice.

Thank you for reading my comments.

Sincerely,

Andrea Perkins  
WIC Participant

9-14-06  
Date

p8415

NOV 14 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that they will be offering  
fruits and veggies.

What I like least about the proposed  
changes is that you would review less  
juice.

Thank you for reading my comments.

Sincerely,

Elizabeth Grisham  
WIC Participant

9-14-06  
Date

p 8416

NOV 18 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is getting fruits, vegies & grains

What I like least about the proposed  
changes is less amounts of ~~current~~ current  
items won't be enough

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9-14-06  
Date



p 8417

NOV 02 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is More fresh fruits + Veggies  
Variety.

What I like least about the proposed  
changes is None.

Thank you for reading my comments.

Sincerely,

Nancy Scott  
WIC Participant

9-14-06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I like the variety of choices  
The fruits, veggies & tofu are a great change

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Sayreth  
WIC Participant

9-14-06  
Date

p 8419

NOV 29

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fruit, 'veggies and soy milk and  
~~Whole Bread~~ Whole grain Bread and cereal!

What I like least about the proposed  
changes is is you lose Milk and Juice but you  
got to lose something to gain something.

Thank you for reading my comments.

Sincerely,

Tanya Warner  
WIC Participant

9/14/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fruits and vegetables.

What I like least about the proposed  
changes is soy & Tofu.

Thank you for reading my comments.

Sincerely,

Maria Lopez  
WIC Participant

10/8/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fruits & Vegetables

What I like least about the proposed  
changes is None, or maybe 2 dozen eggies  
instead of 1 dozen. I'm an egg lover.

Thank you for reading my comments.

Sincerely,

Mai Coua LO  
WIC Participant

10/9/06  
Date

p 84 22

NOV 10

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that it is healthy and it  
give the nutrients that you need and  
your baby.

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Dianna Bettencourt  
WIC Participant

10-9-06  
Date

p 8423

NOV . .

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** yes

**What I like least about the proposed  
changes is** I like the hard shell  
tortillas added

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

10-9-04  
**Date**

p 8424

NOV 6, 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Healthy

What I like least about the proposed  
changes is na

Thank you for reading my comments.

Sincerely,

Kelli Pralutski  
WIC Participant

10/9/06  
Date



p 8425

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

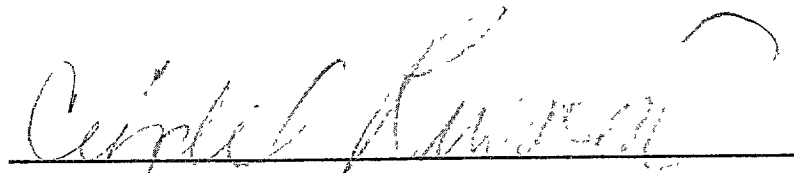
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The whole grain proposal & the  
vegetables.

What I like least about the proposed  
changes is The decrease of milk, cheese, eggs,  
and juice. Because I drink on them.

Thank you for reading my comments.

Sincerely,



WIC Participant

10/9/04  
Date

p 8426

10/11/06

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The bread's and oatmeal

What I like least about the proposed  
changes is The milk and cheese

Thank you for reading my comments.

Sincerely,

Andrea Taylor  
WIC Participant

Oct. 8, 2006  
Date

p 8427

Dear Friends at U.S. Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is adding fruit and veggies  
and grains.

What I like least about the proposed  
changes is less cheese and juice.

Thank you for reading my comments.

Sincerely,

Cynthia M. Davis  
WIC Participant

10-9-06  
Date

p 8428

NOV 12 2015

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more healthy foods like  
fruits and vegetables.

What I like least about the proposed  
changes is less juices.

Thank you for reading my comments.

Sincerely,

Jennifer Thornton  
WIC Participant

10-9-15  
Date

p 8429

NOV 12 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fruits and veggies.

What I like least about the proposed  
changes is cereal.

Thank you for reading my comments.

Sincerely,

Cynthia Stillwood  
WIC Participant

10/9/06  
Date

p 8430

NOV 9. 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Adding fruits & veg.

What I like least about the proposed  
changes is Cutting the milk a  
little

Thank you for reading my comments.

Sincerely,

Mosanna Mays  
WIC Participant

10.6.06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more choices & varieties of  
and also a healthier one.

What I like least about the proposed  
changes is no whole milk

Thank you for reading my comments.

Sincerely,

Christa B.  
WIC Participant

10.6.06  
Date

p 8432 :

NOV 10 2010

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is you get more (variety) and the added  
fruits and vegetables That's great.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Joni Ford  
WIC Participant

10-10-10  
Date



Dear Friends at US Department of  
Agriculture,

p 8433

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the added fruits, vegetables, and  
whole grains.

What I like least about the proposed  
changes is Nothing.

Thank you for reading my comments.

Sincerely,

Tiffany McConley  
WIC Participant

10-6-06  
Date

p 8434

NOV 1

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Dietary Guidelines

What I like least about the proposed  
changes is Limits Fruit

Thank you for reading my comments.

Sincerely,

Michael R. Lopez  
WIC Participant

10-5-06  
Date

p 8435

NOV

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The fruits, veggies, yogurt, ~~fat~~ tortillas.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Melissa Salles  
WIC Participant

10-05-06  
Date

p 8436

NOV

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is yogurt & other whole grains.

What I like least about the proposed  
changes is a gal. less of milk.

Thank you for reading my comments.

Sincerely,

Elizabeth Deves  
WIC Participant

10-5-06  
Date

p8436

NOV 18 2010

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the yogurt my daughter  
loves to eat it and the ability  
to purchase fresh fruits + veggies,

What I like least about the proposed  
changes is less milk and only  
2% or less can be purchased now,

Thank you for reading my comments.

Sincerely,

Toni Medina  
WIC Participant

10-4-00  
Date

Dear Friends at U.S. Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is YOGURT & VEGETABLES  
\_\_\_\_\_.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

JENNY WHITE  
WIC Participant

10-5-06  
Date

p8438

NOV 5 - 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fact that we will  
have more foods to choose from.  
I absolutely love the thought of possibly  
getting fruits & vegetables.  
What I like least about the proposed  
changes is the less milk part but  
the yogurt ~~sub~~ substitute is awesome.

Thank you for reading my comments.

Sincerely,

Desiree Powers

WIC Participant

10-05-06

Date

p 8439

NOV 1 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is My children will have  
fresh fruit and I can buy for sales.

What I like least about the proposed  
changes is less milk per child  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

10/5/06  
Date



p 8440

NG

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is It seems to be  
more healthier, also more helped.

What I like least about the proposed  
changes is I'm not sure what  
I like least it sounds  
great.

Thank you for reading my comments.

Sincerely,

Maria Stepp  
WIC Participant

10-4-06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is there will be better things that are  
more nutritious.

What I like least about the proposed  
changes is loss milk.

Thank you for reading my comments.

Sincerely,

Jessica Sommers  
WIC Participant

10 4 06  
Date

p 8442

NC

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I like the whole grains  
more and fruit for that's what my  
child eats more of.

What I like least about the proposed  
changes is there are some things  
on the menu that my child won't eat.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

10-2-06  
Date

p 8443

11/10/06

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

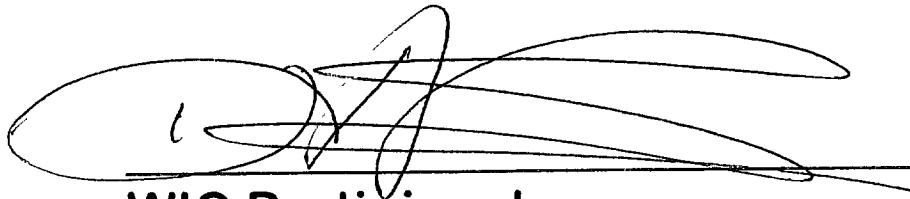
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fresh Veggies, Bread

What I like least about the proposed  
changes is NA

Thank you for reading my comments.

Sincerely,



WIC Participant

10-4-06

Date

p 8444

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the vegetables and the  
Store changes it makes it a little  
easier to have more stores than one.

What I like least about the proposed  
changes is I think the changes are  
for the best.

Thank you for reading my comments.

Sincerely,

Erica Stenholm  
WIC Participant

10-4-06  
Date

p 8445

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the addition of fruits.

What I like least about the proposed  
changes is decrease in Milk.

Thank you for reading my comments.

Sincerely,

J. Walker  
WIC Participant

10-3-06  
Date

p 8446

NEW

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

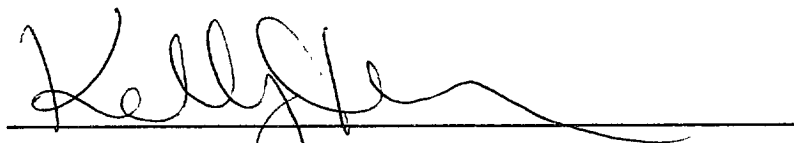
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that women and children  
will have a better variety of choices  
in there

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,



WIC Participant

10-3-06  
Date

p 8447

NOV 1, 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fruit & vegies are great.  
~~juice~~ Bread-grains awesome. Any vendor would  
make things easier.

What I like least about the proposed  
changes is Juice<sup>milk</sup> going down but it can  
be worth it.

Thank you for reading my comments.

Sincerely,

Sandra Pearson  
WIC Participant

10/2/06  
Date



OCT 31 2006

p 8448

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

Les escribo para contarles lo que pienso sobre la propuesta de cambiar los alimentos de WIC.

¡Gracias por añadir frutas y verduras a los cheques de WIC! Será un placer poder elegir alimentos más frescos y nutritivos para mi familia.

Lo que más me gusta sobre los cambios propuestos es

pan  
fruta  
verduras

Lo que menos me gusta sobre los cambios propuestos es

~~carne~~  
~~carne~~

Gracias por leer mis comentarios.

Atentamente,

Heidi Garcia  
Participante de WIC

Riverside County, California

OCT 31 2008

p 8449

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like it a lot better because of the vegetables, beans, tortillas were getting

What I like least about the proposed changes is

The only thing I do not like is that we are getting barley, brown rice, whole wheat tortillas and bulgur whatever that is.

Thank you for reading my comments.

Sincerely,

Carina Jimenez

WIC Participant

Riverside County, California

OCT 31 2006

p 8450

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

getting fruits, vegetables, bread & tortillas

What I like least about the proposed changes is

having to get whole milk. my daughter

will not drink whole milk and I think

it's fattening

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

p 8451

NOV 1

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fruits and vegetables  
and bread.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Brandi Baker  
WIC Participant

9-14-06  
Date

p8452

NO: 02

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I think the change would  
be good.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Cinderella  
WIC Participant

9/14/06  
Date

NOV

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fresh fruit and vegetables.

What I like least about the proposed  
changes is amount of milk, cheese, eggs.

Thank you for reading my comments.

Sincerely,

Bianca Gilbert  
WIC Participant

9-14  
Date

p 8454

NO - 100 - 100

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The more fruit and  
veggies. This is great!!.

What I like least about the proposed  
changes is less milk Cause I  
drink lots of milk and its  
expensive!

Thank you for reading my comments.

Sincerely,

Erin E. Buis  
WIC Participant

9-16-06  
Date

p 8455

NOV 1 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is veggie & fruit being added!!  
(about time :)).

What I like least about the proposed  
changes is less juice & less milk.

Thank you for reading my comments.

Sincerely,

Justice N. Raushen  
WIC Participant

9/15/06  
Date



p 8456

INC 7 3 1 1

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is get yogurt and Veggies

What I like least about the proposed  
changes is ~~meat~~ ~~fish~~

Thank you for reading my comments.

Sincerely,

Shasta Baker  
WIC Participant

9-15-06  
Date

p8457

NOV 10

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is You get more food and it  
helps you eat better and get better nutrients

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

Helen Wannick  
WIC Participant

9/15/06  
Date

pg 458

NOV 30 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

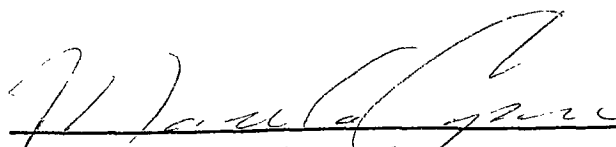
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is good to add fruits and  
veggies and bread.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

9/28-06  
Date

p8459

NOV 02 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the addition of bread, fruits/veggies.

What I like least about the proposed  
changes is the fact that they would be  
reducing milk, eggs, cheese which is a  
major part of nutrition!

Thank you for reading my comments.

Sincerely,

Ricci's Marissa K. A.

WIC Participant

10/3/06  
Date

p8460

NOV 28 1996

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

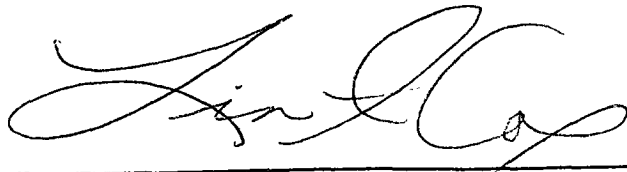
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is adding fruits and vegetable.

What I like least about the proposed  
changes is Soy substitute because people with  
milk allergy are also allergic to soy.

Thank you for reading my comments.

Sincerely,



WIC Participant

10-03-06

Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is my son is dairy intolerant  
and needs soy product.

What I like least about the proposed  
changes is Nothing.

Thank you for reading my comments.

Sincerely,



WIC Participant

10-3-06

Date

p 8462

NOV 10

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fruit Fresh

What I like least about the proposed  
changes is less eggs: the food is  
unshareable

Thank you for reading my comments.

Sincerely,

A. L. F.  
WIC Participant

10/30/00  
Date

p 8463

NOV 07 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is great idea very nice

What I like least about the proposed  
changes is one less milk

Thank you for reading my comments.

Sincerely,

Kacie Haley  
WIC Participant

10/4/06  
Date



p 8464

NOV 02 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is willing to add fruit & veggies

What I like least about the proposed  
changes is not enough

Thank you for reading my comments.

Sincerely,

Shel B. Owen

WIC Participant

10-4-06

Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is be able to get Bannanas, Apples  
Bread, Tortillas, Green beans all that she  
likes

What I like least about the proposed  
changes is Not enough Variety of Cereal  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

10-4-06  
Date

p8466

NOV 03 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is veggies

What I like least about the proposed  
changes is less milk

Thank you for reading my comments.

Sincerely,

Alicia Tregala  
WIC Participant

10/5/06  
Date

P 8467

NOV 02 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more variety of foods.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

D. Anderson-Galarza  
WIC Participant

10/5/06  
Date

NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Fruits and Veggies. THE Fact  
that I can get yogurt for dairy.**

**What I like least about the proposed  
changes is Nothing, I think its positive  
and a great idea**

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

09/21/06  
**Date**

p8469

NOV 14 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is There is more variety in  
the food items the choices are better

What I like least about the proposed  
changes is Ø

Thank you for reading my comments.

Sincerely,

Ceji McCurdy  
WIC Participant

9/21/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fruit and Vegetables  
are great.

What I like least about the proposed  
changes is less eggs

Thank you for reading my comments.

Sincerely,



WIC Participant

9/18/06

Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is There is fruit & veggies  
& more variety's of foods.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Sommer Parrish  
WIC Participant

9-21-06  
Date



p 84712

NOV 1 2006

Dear Friends at U.S. Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the ability to receive fruits and  
vegetables & yogurt.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Jerry Waters  
WIC Participant

9-20-06  
Date

Dear Friends at US Department of  
Agriculture,

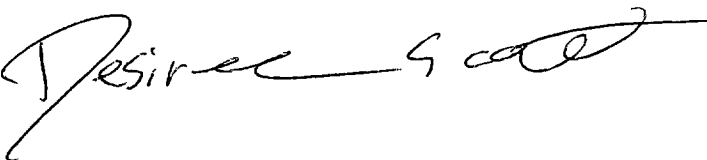
I am writing to tell you what I think about the  
proposal to change WIC foods. I think it's  
Really cool. change is good.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family. Thank you  
so much

What I like most about the proposed  
changes is Adding the Fruits and  
veggies.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely, 

\_\_\_\_\_  
WIC Participant

9-20-06  
Date

Dear Friends at IIS Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fruit and veggies

What I like least about the proposed  
changes is less milk

Thank you for reading my comments.

Sincerely,

CISD

WIC Participant

9/20

Date

p 8475

NOV 11

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fruit & vegetables

What I like least about the proposed  
changes is the amount of food

Thank you for reading my comments.

Sincerely,

Amber Durbin

WIC Participant

Amber Durbin

11/19/06

Date

~~Dear Friends at US Department of~~  
Agriculture,

INDV 13

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is more food - fruits & veggies

What I like least about the proposed changes is loss milk

Thank you for reading my comments.

Sincerely,

Margie M. Miller  
WIC Participant

9-20-06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the addition of fresh fruits  
or vegetables, & yogurt.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Robert L. Smith  
WIC Participant

1-26-010  
Date

p 8478

NOV 1

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is It's a chance to have  
my grandson Josiah try new things

What I like least about the proposed  
changes is I think the change would  
help the families more. There's no  
Dislike about the Proposed Changes  
Thank you for reading my comments.

Sincerely,

Bergrin Converse  
WIC Participant

10-9-06  
Date

p 8479

NOV 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is whole grain Package  
and the fruits and veggie.

What I like least about the proposed  
changes is less cheese & Eggs.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

10/19/06  
Date



p 8480

NOV 6

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fresh fruits and veggies are healthier,  
more variety for the kids that are picky.

What I like least about the proposed  
changes is I don't think they should take  
anything away just add more.

Thank you for reading my comments.

Sincerely,

Rebecca Murray  
WIC Participant

10/9/06  
Date

p8481

NOV 17

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fruit and vegetables being  
added and the whole grain section.  
\* I do agree about not needing as much juice

What I like least about the proposed  
changes is I don't think its worth giving  
up the milk though.

Thank you for reading my comments.

Sincerely,

Nicole Miller  
WIC Participant

Oct. 9, 06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that there's a wider variety  
like fruits and vegetables ~~also~~ instead of  
juice.

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

Christina Richie  
WIC Participant

10/9/06  
Date

p 8483

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is it has a better choice to choose  
from.

What I like least about the proposed  
changes is basically nothing, except that  
it mostly the same.

Thank you for reading my comments.

Sincerely,

Chong Thor  
WIC Participant

10/9/06  
Date

p 8484

NOV 12

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is adding fruits and veggies.

What I like least about the proposed  
changes is I like it all.

Thank you for reading my comments.

Sincerely,

K. Johnson  
WIC Participant

9-21-06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

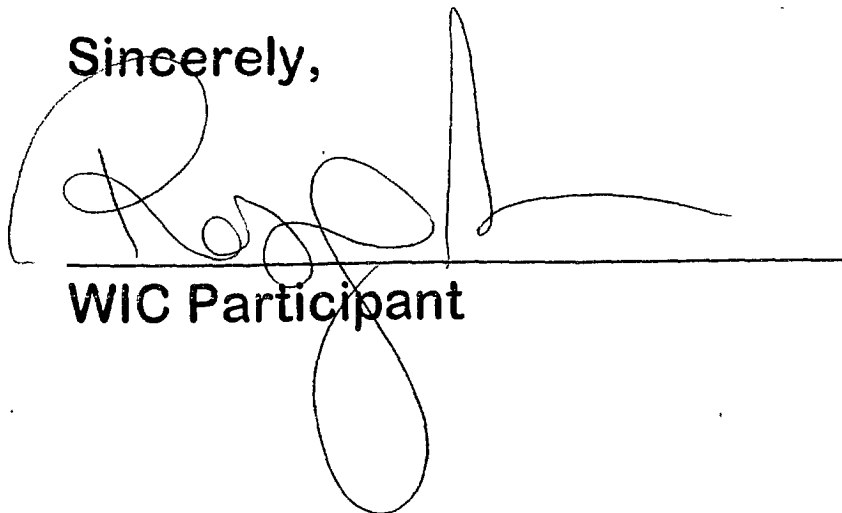
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more choices that are  
better for my kids.

What I like least about the proposed  
changes is nothin.

Thank you for reading my comments.

Sincerely,



WIC Participant

9/22/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The choice of either Cow milk or  
Soy milk.

What I like least about the proposed  
changes is I believe everything about the  
change is beneficial

Thank you for reading my comments.

Sincerely,

Kimani Williams  
WIC Participant

9/22/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more variety; Fruits & Veggies  
would be great.

What I like least about the proposed  
changes is less milk.

Thank you for reading my comments.

Sincerely,

Strillwally  
WIC Participant

9/21/06  
Date



p 8488

NOV 02 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

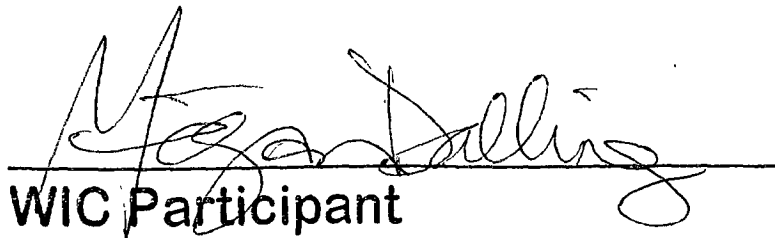
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the ability to substitute between  
products in the fruits & veggies.

What I like least about the proposed  
changes is nothing so far.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9/5/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The newer foods and not being  
restricted to one store.

What I like least about the proposed  
changes is less juice. our family love juice.

Thank you for reading my comments.

Sincerely,

Sarah Torres  
WIC Participant

9-5-06  
Date

p 8496

NOV 10 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

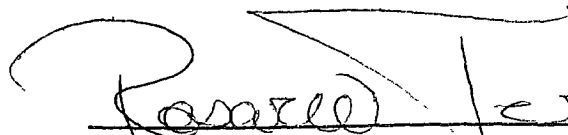
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fresh fruit and veg.

What I like least about the proposed  
changes is less eggs. Nothing is organic  
I want non-hydrogenated peanut butter.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

10-5-06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is veggies, grains.

What I like least about the proposed  
changes is everything else is better.

Thank you for reading my comments.

Sincerely,

Aimee Beene  
WIC Participant

10/6/06  
Date

p 8472  
NOV  
Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is It looks like it will give you a chance  
to buy fruit & your WIC coupon.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Charlene Dany  
WIC Participant

10/5/04  
Date

p 8493

NOV 3 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is veggies!

What I like least about the proposed  
changes is less milk

Thank you for reading my comments.

Sincerely,

Alk Eden

WIC Participant

10-5-06

Date

p 8494

NOV 02

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the Fruits and Veggies.

What I like least about the proposed  
changes is that there will be  
less of the milk and cheese.

Thank you for reading my comments.

Sincerely,

Carol Pierce

WIC Participant

10/9/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

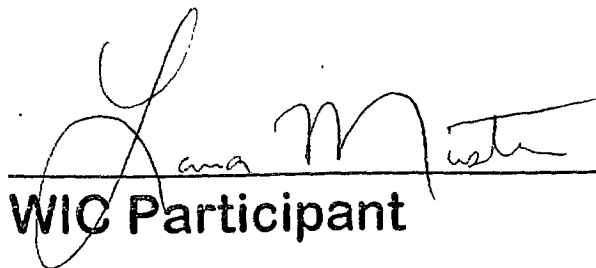
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is option of fruits + veggies +  
whole grain foods.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

9/19/06  
Date



Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is That I will be getting more  
of the other things that are better to have.

What I like least about the proposed  
changes is That we will be getting less  
eggs and milk.

Thank you for reading my comments.

Sincerely,

Breanna Rash  
WIC Participant

\_\_\_\_\_  
Date

p 8497

NOV 11 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is More fruits/veg/Whole grains  
3 healthier cereals.

What I like least about the proposed  
changes is less cheese/milk/eggs.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9/21/06  
Date

p 8498

NOV

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

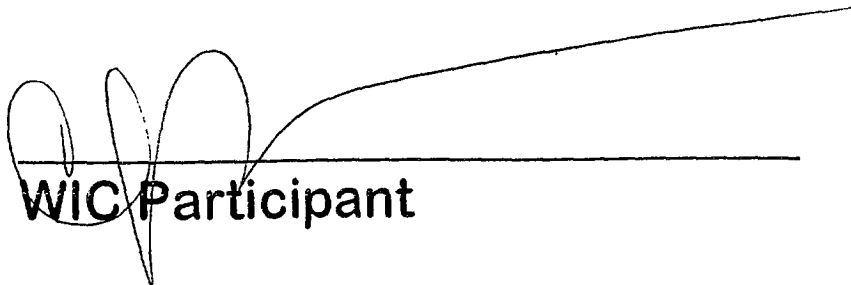
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is better nutrition

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9-21-06  
Date

p 8499

NOV 6

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

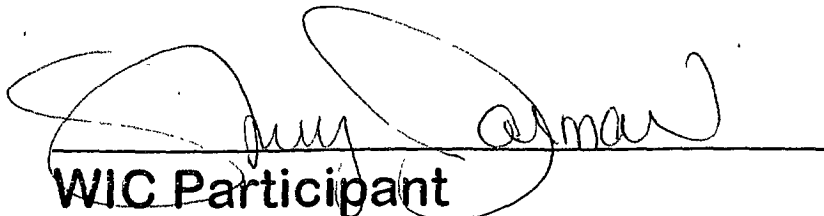
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is MORE MILK OPTIONS, IE: YOGURT &  
INCLUDING FRESH FRUIT.

What I like least about the proposed  
changes is DECREASING THE AMOUNT FOR  
JUICES EVEN WITH FRESH FRUIT, IT'S NOT ALOT.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

  
Date

p 8500

NOV 2

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is veggies

What I like least about the proposed  
changes is less milk

Thank you for reading my comments.

Sincerely,

Cyndi Pereira  
WIC Participant

9/20/06  
Date

Cyndi Pereira

NOV

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more whole foods, gives you a  
better selection of things that you like rather than  
to much of one thing.

What I like least about the proposed  
changes is nothing' I think it is a really  
good idea to change up the foods.

Thank you for reading my comments.

Sincerely,

Shayla Ford

WIC Participant

9-21-06

Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The updated dietary and  
cultural changes.

What I like least about the proposed  
changes is nothing at this time.

Thank you for reading my comments.

Sincerely,

Rebekah Lawrence  
WIC Participant

9-20-2006  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more variety and choices  
\_\_\_\_\_.

What I like least about the proposed  
changes is n/a  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Autumn Deah  
WIC Participant

9/20/06  
Date



Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that its updated.

What I like least about the proposed  
changes is amount of milk.

Thank you for reading my comments.

Sincerely,

Roxana & David & Samuel Richmond

WIC Participant

9/20/06  
Date

p 8505

NCV

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more whole food + choices

What I like least about the proposed  
changes is N/A

Thank you for reading my comments.

Sincerely,

Ming Law  
WIC Participant

9/20/06  
Date

p 8506

NOV 14 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that more of a nutritious  
amount of food available for my  
child

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

Maria Vargas  
WIC Participant

9-20-06  
Date

p 8507

NOV 02 2007

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is whole grain bread.

What I like least about the proposed  
changes is No natural peanut butter  
qualifies - please raise the \$.

Thank you for reading my comments.

Sincerely,

Clara McKenry  
WIC Participant

                      
Date

p 85 08

NOV 02 2008

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the adding of fruits  
& veggies.

What I like least about the proposed  
changes is less juice.

Thank you for reading my comments.

Sincerely,

Amanda Baum  
WIC Participant

9/19/06  
Date

p 8509

NOTES

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

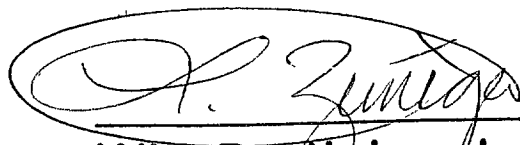
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is a variety of fruits & vegetables  
and have the option of different grains for people  
who need them.

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9-19-06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The addition of Fruits & Veggies  
and the recognition of Vegetarians.

What I like least about the proposed  
changes is Cut backs on everything  
else.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9/20/06  
Date

p 8511

NOV 20 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is New Foods Vegetables.

What I like least about the proposed  
changes is I Like all the Change.

Thank you for reading my comments.

Sincerely,

Dimitri McCluskey  
WIC Participant

9-19-06  
Date



Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is i would like to change the  
current package to USDA package.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Mer Lee Vang  
WIC Participant

9/15/06  
Date

p 8513

NOV 02 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the extra's vegetables + Breads.  
we don't use all the milk vouchers +  
would be great to have larger variety

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

Dawn M. Rock  
WIC Participant

9-13-06.  
Date

p 8514

NO:

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Has more fiber-nutrients  
healthier for children.

What I like least about the proposed  
changes is Ø.

Thank you for reading my comments.

Sincerely,

Indira

WIC Participant

9/13/06

Date

p 8515

NOV

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the addition of whole wheat bread +  
fruits + vegetables.

What I like least about the proposed  
changes is nothing at all. I think all  
the changes are positive.

Thank you for reading my comments.

Sincerely,



WIC Participant

9/13/10  
Date

p 8516

NO 101

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that there is more of a variety  
\_\_\_\_\_.

What I like least about the proposed  
changes is ~~there~~ there isn't really anything  
that I don't like\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

M'Koyla Muzolich  
WIC Participant

9/12/06  
Date

p 8517

NOV.

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I feel fresh fruits and veggies are more  
beneficial to pregnant/nursing mothers & children than  
a wide variety of juices.

What I like least about the proposed  
changes is Nothing  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Elisa M Salazar Elisa M Salazar  
WIC Participant

9-12-06  
Date

p 8518

NOV 9 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that there will be more  
of a variety with our wic.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Amber Long  
WIC Participant

9-12-06  
Date

p 8519

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more healthy choices

What I like least about the proposed  
changes is None

Thank you for reading my comments.

Sincerely,

Robyn Perez  
WIC Participant

9-12-06  
Date



Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the yogurt, and the variety  
of fruits and vegetables.

What I like least about the proposed  
changes is None, I like everything I  
see.

Thank you for reading my comments.

Sincerely,

Stephanie Ruth  
WIC Participant

9/13/06  
Date

p 8521

NOV 27 2012

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is a variety of more common food  
that would be used rather than excessive amount of  
one item that could go to waste.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

9/13/12  
\_\_\_\_\_  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is no variety it gives to  
children.

What I like least about the proposed  
changes is I can't think of  
anything.

Thank you for reading my comments.

Sincerely,

Zora M Herrera  
WIC Participant

9/14/06  
Date

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

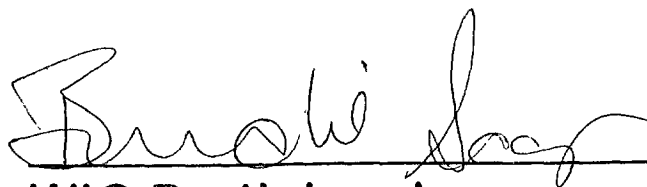
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fresh fruit, my kids  
have never been able to drink the  
juice ~~and~~ until they were out of diapers

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,



WIC Participant

9/13/06.

Date

p 8524

NOV 06

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is That they are offering breads and  
vegetables as well as the other things you get.  
more of a variety of foods.

What I like least about the proposed  
changes is nothing  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Cristina Hughes  
WIC Participant

9/13/06  
Date